



# *Spring Classic*

## *Saturday March 9, 2024*

**Ellenton Ice**  
5309 29<sup>th</sup> St E  
Ellenton, FL, 34222  
(941) 723 – 3663; Ext. → 213  
[Shannon@EllentonIce.com](mailto:Shannon@EllentonIce.com)

**EVENT DATE – Saturday March 9th , 2024**

**Entry Deadline – February 5<sup>th</sup> , 2024 (\*If we reach capacity, we will close registration early. It is strongly recommended that you register early!)**

**General Info**— The Southwest Florida FSC Spring Classic will be held at the Ellenton Ice Arena on Saturday March 9th. Rink has two ice surfaces, north and south rinks, both measuring standard NHL 85' x 185' feet. This is a United States Figure skating approved Basic Skills Competition. The approvals will be posted on the official competition bulletin board. Questions regarding this competition should be directed to Shannon Raley, [Shannon@EllentonIce.com](mailto:Shannon@EllentonIce.com) Email preferred.

**The purpose of this competition is to promote a fun, introductory, competitive experience for the beginning skater.**

**Eligibility**—The Competition is open to ALL skaters who are current, eligible [ER 100] members of either the Basic Skills Program and/or full members of US Figure Skating. To be eligible skater must have submitted a membership application or be a member in good standing. Members of other organizations are eligible to compete but must be registered with the host Basic Skills Program/Club or any other Basic Skills Program/Club. Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher. If competing Snowplow Sam or Basic 1-6, NO official US Figure Skating tests may have been passed including MIF or individual dances.

For the Pre-Free Skate, Excel, Well Balanced, and adult levels eligibility will be based only upon highest free skate test level passed. Moves in the Field test level will not determine skater's competitive level. Skaters may skate at highest level passed OR one level higher. Skaters may not compete at more than one level in the same type of event at the same competition.

**Rules** – The competition will be conducted under the rules set forth by the US Figure Skating Learn to Skate USA “Compete USA Competition Manual” program.

**Registration** – Sign up online at Entryeze

Day of competition check-in will be open 1 hour before the competition begins. Skaters will not be allowed to compete until they have checked in with main table.  
**Checking in on competition day, please register at least one hour before your competition time.**

**Entry Fees** – The first event is \$70.00 (Entry fees are per person, U.S. dollars)

The second event is \$30.00

Each additional event after that is \$15.

Aspire Synchro is \$75 per team and \$15 per skater.

\*\*All entries must be submitted through **EntryEeze**

\*\*Late entries accepted at the discretion of the Referee, and subject to a \$25 late fee.

Entry Deadline Feb 5<sup>th</sup>, 2024 @ 11:59 pm.

\*\*\*If we reach capacity, we will close registration early. It is strongly recommended that you register early!

### **NO REFUNDS**

**Schedule of Events** – Tentatively to post, Feb 24, 2024 at → [www.swffsc.org](http://www.swffsc.org)

**Awards** - All awards will be given at appropriate time after competition; see official bulletin board day of competition. A podium will be available for group and individual photos. All events are final rounds. Awards will be given for first place to fourth place.

### **Music – (Important)**

All Music will be uploaded via Entryeze for this competition. Due date for music upload is February 19<sup>th</sup>, 2024. Failure to upload music by deadline will result in a \$25 music fee. *Competitors are encouraged to have spare CDs at rink side to be used in case of technical difficulties.*

**Practice Ice** – Practice ice will be offered in 15-minute sessions.

Cost is \$10.00 per 15-minute sessions.

\*\*(tentatively 7am- 9am)

Purchase practice ice thru Entryeze during registration (Max 2) \*\*Ice not purchased will be for sale day of competition. \*\*First come, first served basis

Practice Ice for Synchro will be addressed at the close of entries.

## ELIGIBILITY RULES FOR PARTICIPANTS

It is very important to the success of the competition that skaters are placed in the correct divisions. This will ensure that every event is as fair as possible to the competitors. It is an ethical violation for coaches to sandbag an event.

Choosing a competitive level that is right for your skater: It is the responsibility of the instructor, coach, or skating director to place the skater at the correct competitive level. This decision should be based upon skill proficiency, athlete development, and fairness. Placing skaters at a level that challenges them appropriately while fostering their ongoing development is key to nurturing their growth.

### **ELIGIBILITY AND TEST REQUIREMENTS:**

The competition is open to ALL skaters who are current members of either Learn to Skate USA and/ or those who are full members of U.S. Figure Skating (including Aspire). Members of other organizations are eligible to compete but must be a current registered member of Learn to Skate USA or a full member of U.S. Figure Skating. There will be no more than six competitors maximum in an event, and all six should receive an award.

Eligibility will be based on skill level as of closing date of entries. All Snowplow Sam and Basic 1-6 skaters must skate at highest level passed or one level higher, and NO official U.S. Figure Skating tests may have been passed, including skating skills or individual dances.

Special Olympics events are for skaters with intellectual disabilities. Skate United events are for skaters with physical disabilities. Skate United skaters have the option to compete in the standard track or Skate United track; accommodations may be made upon request. Adaptive events are for skaters with any type of disability. *\*For Synchronized Skating eligibility and requirements refer to the Synchronized Skating page.\**

## ELIGIBILITY RULES FOR COACHES/ INSTRUCTORS

When hosting a Compete USA competition, it is important that you verify the compliance of each coach/ instructor who plans to coach onsite at the event.

For credentials at a Compete USA event, coaches/instructors are required to have:

- Learn to Skate USA instructor compliant  
OR
- U.S. Figure Skating coach compliant

If a coach/instructor attempts to work at your event without the proper credentials, he or she is in violation of U.S. Figure Skating ethics and code of conduct rules and, as such, is subject to disciplinary action.

All officials and adult volunteers attending Compete USA events must also be SafeSport Trained™

# Snowplow Sam – Basic 6 Program with Music

**FORMAT:** The skating order of the required elements is optional. The elements are not restricted as to the number of times the element is executed or length of glides, number of revolutions, etc., unless otherwise specified.

- To be skated on full ice with music
- The skater may use elements from a previous level
- A 0.2 deduction will be taken for each element performed from a higher level. Bonus skills from the same level or below are allowed but will not be judged elements
- Divide Snowplow Sam skaters by level (1-4), if registrations warrant
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, right and left foot, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:10 max</b>	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

# Snowplow Sam - Basic 6 Elements

**THERE ARE TWO FORMAT OPTIONS FOR THE ELEMENTS EVENT:**

1. Each skater will perform each element when directed by a judge/referee OR
2. Skater will perform one element at a time in the order listed below (no excessive connecting steps or choreography)  
 Judge/referee directed example: all skaters perform first element before moving on to the next and so on, or each skater performs all of the required elements before moving on to the next skater.
  - To be skated on 1/3 to 1/2 ice (determined by the LOC)
  - No music
  - Divide Snowplow Sam skaters by level (1-4), if registrations warrant
  - ***All elements must be skated in the order listed.***
  - Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>SNOWPLOW SAM</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• March followed by a two-foot glide and dip</li> <li>• Forward swizzles, 2-3 in a row</li> <li>• Forward snowplow stop</li> <li>• Backward wiggles, 2-6 in a row</li> </ul>
<b>BASIC 1</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward two-foot glide and dip</li> <li>• Forward swizzles, 6-8 in a row</li> <li>• Beginning snowplow stop on one or two feet</li> <li>• Backward wiggles, 6-8 in a row</li> </ul>
<b>BASIC 2</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward one-foot glide (no variations), either foot</li> <li>• Scooter pushes, 2-3 each foot</li> <li>• Moving snowplow stop</li> <li>• Two-foot turn in place, forward to backward</li> <li>• Backward swizzles, 6-8 in a row</li> </ul>
<b>BASIC 3</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Beginning forward stroking showing correct use of blade</li> <li>• Forward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Forward slalom</li> <li>• Moving forward to backward two-foot turn on a circle</li> <li>• Beginning backward one-foot glide, either foot</li> </ul>
<b>BASIC 4</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward outside edge on a circle, clockwise or counterclockwise</li> <li>• Forward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Backward half-swizzle pumps on a circle, either clockwise or counterclockwise, 4-6 consecutive</li> <li>• Backward one-foot glides (no variations), right and left</li> <li>• Beginning two-foot spin, maximum 4 revolutions</li> </ul>
<b>BASIC 5</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Backward outside edge on a circle, clockwise or counterclockwise</li> <li>• Backward crossovers, clockwise and counterclockwise, 4-6 consecutive</li> <li>• Forward outside three-turn, right and left</li> <li>• Advanced two-foot spin, minimum 4 revolutions</li> <li>• Hockey stop</li> </ul>
<b>BASIC 6</b>	<b>1:00 max</b>	<ul style="list-style-type: none"> <li>• Forward inside three-turn, right and left</li> <li>• Mohawk, right to left and left to right</li> <li>• Bunny hop</li> <li>• Basic forward spiral on a straight line (no variations), right or left</li> <li>• Beginning one-foot spin, maximum 3 revolutions, optional free leg and entry position</li> <li>• T-stop, right or left</li> </ul>

# 2024 ASPIRE PROGRAM REQUIREMENTS

	JUMPS	SPINS	STEP SEQUENCE
<b>Aspire 1 Free Skate 1:40 Max</b>	<p>Maximum 5 jump elements:  <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Waltzjump</li> <li>• Yi flip</li> <li>• Yi lutz</li> </ul> <p><b>Max 1 jump sequence</b>  <i>Permitted sequence:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p><b>Maximum 2 spins:</b>  <i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Two-foot spin</li> <li>• Forward one foot spin (free foot optional)</li> </ul>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One Yi of the ice</li> </ul>
<b>Aspire 2 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b>  <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1</li> <li>• Single Salchow</li> <li>• Single Toe loop</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b>  <i>Permitted combinations:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump/toe loop</li> <li>• Salchow/toe loop</li> </ul> <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> <li>• Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p><b>Maximum 2 spins:</b>  <i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1</li> <li>• Back upright spin</li> <li>• Sit Spin</li> </ul>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One Yi of the ice</li> </ul>
<b>Aspire 3 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b>  <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1 and 2</li> <li>• Euler (half-loop)</li> <li>• Single loop</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b>  <i>Required spin:</i></p> <ul style="list-style-type: none"> <li>• Forward upright spin to back upright spin</li> </ul> <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Any spin from Aspire 1 and 2</li> <li>• Camel Spin</li> </ul>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One Yi of the ice</li> </ul>
<b>Aspire 4 Free Skate 1:40 Max</b>	<p><b>Maximum 5 jump elements:</b>  <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>• Any jump from Aspire 1, 2 and 3</li> <li>• Single Flip</li> <li>• Single Lutz</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b>  <i>Required spin:</i></p> <ul style="list-style-type: none"> <li>• Forward camel to sit spin combination</li> </ul> <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>• Any Spin from Aspire 1, 2 and 3</li> </ul>	<p><b>Maximum 1 Sequence:</b>  <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>• One Yi of the ice</li> </ul>

## Clarifications:

### Jumps:

*All Levels*

- Maximum 2 of any same jump *Aspire 1 and 2*
- Euler is not permitted

### Jump Sequence:

*Aspire 3 and 4*

- A jump sequence consists of two or three jumps in which the second and/ or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

### Jump Combinations:

*Aspire 3 and 4*

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

### Spins:

*All Levels*

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

*Aspire 3 and 4*

- One spin must be the required spin
- Second spin must be a spin in one position

### Step Sequence:

*All Levels*

- Jumps may be included in the step sequence
- Moves in the field and spiral sequences are allowed but will not be counted as elements

**FORMAT:** In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A deduction will be taken for each element performed from a higher level
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>Aspire 1</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• ½ Flip</li> <li>• One-foot upright spin</li> <li>• Choreographic step sequence</li> </ul>
<b>Aspire2</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Single Salchow</li> <li>• Single Toe Loop</li> <li>• Sit spin</li> <li>• Choreographic step sequence</li> </ul>
<b>Aspire3</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Single Loop</li> <li>• Salchow/Toe loop jump combination</li> <li>• Forward upright spin to back upright spin</li> <li>• Choreographic step sequence</li> </ul>
<b>Aspire 4</b>	<b>1:15 max</b>	<ul style="list-style-type: none"> <li>• Single Flip</li> <li>• Waltz Jump-Euler-Salchow jump combination</li> <li>• Camel-Sit spin combination</li> <li>• Choreographic step sequence</li> </ul>

# 2024 Excel Program Requirements

<p><u>Excel Beginner</u> &amp; <u>Excel High Beginner</u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p><b>Excel Pre-Preliminary</b></p>	<p><b>Maximum 5</b> <small>jumps</small> <b>elements:</b></p> <ul style="list-style-type: none"> <li>• <u>No single Axels, double, or higher jumps allowed</u> <ul style="list-style-type: none"> <li>○ part of jump combinations/sequence</li> </ul> </li> </ul> <p>Max 2 jump combinations, or 1 jump combination and 1 jump sequence Jump combinations and jump sequences are limited to two jumps</p> <p>include three jumps A jump sequence consists of two or three jumps in which the</p> <p>from the landing curve of the first/second jump into the take-off</p> <p>curve of the waltz jump</p>	<p><b>Maximum 2 spin :</b></p> <ul style="list-style-type: none"> <li>• no change of foot*             <ul style="list-style-type: none"> <li>○ Minimum 3 revolutions</li> </ul> </li> </ul> <p><u>One spin may be either a single position spin with no change of foot or a</u> <u>of foot</u></p> <ul style="list-style-type: none"> <li>• No flying entry</li> </ul> <p>Spins must be of a different character</p> <p><i>Max Level: 1</i></p>	<p><b>Maximum 1 S quence:</b></p> <p><u>(pChSq)</u> <u>Must be clearly visible</u></p>
<p><b>Excel Preliminary</b></p>	<p><b>Maximum 5</b> <small>jumps</small> <b>elements:</b></p> <ul style="list-style-type: none"> <li>• <u>No single Axels, double, or higher jumps allowed</u> <ul style="list-style-type: none"> <li>○ <small>part of jump combinations/sequence</small></li> </ul> </li> </ul> <p><small>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</small></p> <p><u>Jump combinations and jump sequences are limited to two jumps</u></p> <ul style="list-style-type: none"> <li>○ include three jumps             <ul style="list-style-type: none"> <li>○ <small>second and/or the third jump is a waltz jump with a direct step</small></li> </ul> </li> </ul> <p>from the landing curve of the first/second jump into the take -off</p> <p>curve of the waltz jump</p>	<p><b>Maximum 2 spin :</b></p> <ul style="list-style-type: none"> <li>• <u>with no change of foot and no change of</u> <ul style="list-style-type: none"> <li>○ <small>no change of foot</small></li> <li>○ Minimum 3 revolutions</li> </ul> </li> <li>• <u>1 spin combination, with or without</u> <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul>	<p><b>Maximum 1 S quence:</b></p> <p><u>(pChSq)</u> <u>Must be clearly visible</u></p>

\*Denotes required element



*Last updated 09/29/23 - MW*



*Effective: January 1, 2024 – December 31, 2024*

# Well-Balanced Free Skate Program

## GENERAL EVENT PARAMETERS:

- Skaters may not enter both a well-balanced free skate event and an excel free skate event at the same competition
- Skaters will skate to the music of their choice
- Level will be determined by the highest free skate test passed; skaters may compete at the highest level they have passed or skate up one level higher.
- Skaters with physical disabilities may register for standard track or Skate United Track for events
- Step sequence clarification: Implementation date December 1, 2023: pChSq (confirmed or no value)

### NO TEST - 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• Only single jumps allowed except single Axel               <ul style="list-style-type: none"> <li>o No single Axels</li> <li>o Number of single jumps (except single Axels) is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>o Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins must be of a different character               <ul style="list-style-type: none"> <li>▪ One spin MUST be a spin in one position</li> <li>▪ One spin may change positions</li> </ul> </li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> If IJS is used, then pChSq

### PRE-PRELIMINARY - 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• All single jumps, including single Axel, allowed               <ul style="list-style-type: none"> <li>o No double, triple or quadruple jumps allowed</li> <li>o Axel may be repeated once as a solo jump or part of a jump sequence or combination (maximum of 2 single Axels)</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or jump sequences               <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one 3-jump combination with a maximum of 3 single jumps is allowed</li> <li>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins must be of a different character               <ul style="list-style-type: none"> <li>▪ One spin MUST be a spin in one position</li> <li>▪ One spin may change positions</li> </ul> </li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>o Must use one-half the ice surface</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> If IJS is used, then pChSq

### PRELIMINARY - 2:00 +/- 10 SECONDS

JUMPS	SPINS	STEP SEQUENCES
Max 5 Jump Elements <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump or a waltz jump*</li> <li>• All single jumps, including single Axel, allowed. Only 2 different double jumps may be attempted (limited to double Salchow, double toe loop and double loop)               <ul style="list-style-type: none"> <li>o Double flip, double Lutz, double Axel, triple and quadruple jumps not allowed</li> <li>o An Axel plus up to two different, allowed double jumps may be repeated once (but not more) as solo jumps or part of a jump sequence or combination</li> <li>o Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 2 jump combinations or sequences               <ul style="list-style-type: none"> <li>o Jump combinations limited to 2 jumps except that one three jump combination with a maximum of 2 double jumps and 1 single jump is allowed</li> <li>o Jump sequence is any listed jump immediately followed by an Axel-type jump</li> </ul> </li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Spins must be of a different character</li> <li>• One spin MUST be a spin in one position</li> <li>• One spin may change positions</li> <li>• Spins may change feet</li> <li>• Spins may start with a flying entry</li> <li>• Min 3 revs.</li> </ul>	Max 1 Sequence <ul style="list-style-type: none"> <li>• Step sequence               <ul style="list-style-type: none"> <li>o Choreographic step sequence full ice</li> <li>o Moves in the field and spiral sequences are allowed but will not be counted as elements</li> <li>o Jumps may be included in the step sequence</li> </ul> </li> </ul> If IJS is used, then pChSq

## Excel Compulsory

**FORMAT:** In simple program form, using a limited number of connecting steps, the skating order of the required elements is optional.

- To be skated on half-ice
- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>BEGINNER</b>	1:15 max	<ul style="list-style-type: none"> <li>• Waltz Jump</li> <li>• Salchow jump</li> <li>• One-foot upright spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>HIGH BEGINNER</b>	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Salchow-toe loop jump combination</li> <li>• Sit spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>EXCEL PRE- PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li>• Flip jump</li> <li>• Loop-loop jump combination</li> <li>• Camel spin, minimum 3 revolutions</li> <li>• Choreographic step sequence</li> </ul>
<b>EXCEL PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Flip-loop jump combination</li> <li>• Camel-sit combination spin, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>

## Well-Balanced Levels Compulsory

**FORMAT:** To be skated on half-ice

- No music
- The skater must demonstrate the required elements listed
- A 0.2 deduction will be taken for each element performed from a higher level
- *Skaters may have the option to skate one level higher in compulsories than free skate program*
- Skaters with physical disabilities may register for standard track or Skate United Track for events

LEVEL	TIME	SKATING RULES/STANDARDS
<b>NO TEST</b>	1:15 max	<ul style="list-style-type: none"> <li>• Loop jump</li> <li>• Jump combination to include a toe loop (may not use a loop or Axel)</li> <li>• Upright spin with change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>
<b>PRE- PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li>• Lutz jump</li> <li>• Single jump-single jump (no Axel) combination</li> <li>• Spin with one change of position and no change of foot, minimum 6 revolutions total</li> <li>• Choreographic step sequence</li> </ul>
<b>PRELIMINARY</b>	1:15 max	<ul style="list-style-type: none"> <li>• Axel jump</li> <li>• Single jump-single jump (may <b>not</b> include Axel) combination</li> <li>• Spin combination with one change of foot, minimum 3 revolutions on each foot</li> <li>• Choreographic step sequence</li> </ul>

## Adult 1-6 Free Skate with Music

### GENERAL EVENT PARAMETERS:

- The skating order of the required elements is optional.
- The elements are not restricted to the number of times element is executed, or length of glides, number of revolutions, etc., unless otherwise stated; connecting moves and steps should be demonstrated throughout the program.
- To be skated on full ice.
- Skater must demonstrate the required elements and may use, but is not required to use, any additional elements from previous (lower) levels.
- A 0.2 deduction will be taken for each required element missing and for those elements performed from a higher level.

#### ADULT 1 — 1:40 MAX

##### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward swizzle (4-6 in a row)
- Forward snowplow stop – Two, Three, or one foot.

#### ADULT 4 — 1:40 MAX

##### ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Backward one-foot glides, right and left
- Hockey stop, both directions

#### ADULT 2 — 1:40 MAX

##### ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward slalom
- Backward skating
- Backward swizzles, 4-6 in a row

#### ADULT 5 — 1:40 MAX

##### ELEMENTS

- Backward outside edge on a circle, right and left
- Backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left
- Beginning two-foot spin

#### ADULT 3 — 1:40 MAX

##### ELEMENTS

- Forward stroking using the blade properly
- Forward half-swizzle pumps on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Forward chasses on a circle, clockwise and counterclockwise
- Backward snowplow stop, Right and Left

#### ADULT 6 — 1:40 MAX

##### ELEMENTS

- Forward stroking with crossover end patterns
- Backward stroking with crossover end patterns
- Forward inside three-turn, right and left
- Tuck
- Lunge
- Two-foot spin in a one-foot spin (min 2 revs on 1 foot)

# Adult Beginner - Bronze Free Skate Program with Music

## GENERAL EVENT PARAMETERS:

- Skaters will skate to the music of their choice; vocal music is allowed
- To be skated on full ice
- The minimum number of required spin revolutions is indicated in parentheses following the spin description; revolutions must be in position.

### ADULT BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet and waltz jump</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same jump</li> </ul>	Max 2 Spins <ul style="list-style-type: none"> <li>• Two forward upright spins, no change of foot, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT HIGH BEGINNER — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Jumps limited to bunny hop, mazurka, ballet, stag, split, waltz, ½ flip, ½ Lutz, ½ loop, toe loop, Salchow</li> <li>• Max 1 combination or sequence consisting of only the allowed listed jumps</li> <li>• Max. 2 of any same type jump.</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Two upright spins, change of foot optional, no flying entry (Min. 3 revolutions)</li> </ul>	Connecting moves and steps should be demonstrated throughout the program	Skaters may not have passed any U.S. Figure Skating Free Skate tests

### ADULT PRE-BRONZE — 1:40 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 jump combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• Only single and half-revolution jumps are permitted (<u>half flip and half lutz are permitted</u>)</li> <li>• No single Lutz, single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 E)</li> <li>• Min 3 revs</li> <li>• Spins with a flying entry are not permitted</li> <li>• A two-foot spin is permitted as one of the spins at this level and is of a different character than a one-foot spin</li> </ul>	Connecting steps throughout the program are required	Skaters may not have passed tests higher than U.S. Figure Skating Adult Pre-Bronze or Pre-Preliminary Free Skate

### ADULT BRONZE — 1:50 MAX

JUMPS	SPINS	STEP SEQUENCES	QUALIFICATIONS
Max 4 Jump Elements: <ul style="list-style-type: none"> <li>• Max 2 combinations or sequences               <ul style="list-style-type: none"> <li>◦ 1 combination may contain 3 jumps, and the other may contain only 2 jumps</li> <li>◦ Jump sequence is any listed jump immediately followed by a waltz jump</li> </ul> </li> <li>• Each jump may be repeated only once, and only as part of a combination or sequence (maximum of 2 of any jump)</li> <li>• All single jumps are permitted (except single Axel)</li> <li>• No single Axel, double or triple jumps are permitted</li> </ul>	Max 2 Spins: <ul style="list-style-type: none"> <li>• Max Level 1</li> <li>• Spins must be of different character (for definition, see U.S. Figure Skating rule 4103 (E))</li> <li>• Min 3 revs total if no change of foot</li> <li>• Min 3 revs each foot if change of foot</li> <li>• Min 2 revs in each position</li> <li>• No flying spins are permitted</li> </ul>	Max 1 Sequence: <ul style="list-style-type: none"> <li>• 1 choreographic step sequence, fully utilizing at least ½ of the ice surface (may include moves in the field and spirals)</li> <li>• Additional moves in the field, spiral and step sequences will not be counted as elements but will be counted as transitions and marked as such.</li> </ul>	Skaters may not have passed tests higher than U.S. Figure Skating Adult Bronze or Preliminary Free Skate

## Adult 1-6, Beginner-Bronze Compulsory

- The skating order of the elements is optional; elements may only be attempted once
- To be skated on half ice in simple program format with limited connecting steps
- A 0.2 deduction will be taken for each element missing, repeated or from a higher level

### ADULT 1 — 1:30 MAX

#### ELEMENTS

- Forward marching
- Forward two-foot glide
- Forward wizzles (4-6 in a row)
- Forward stop or slow stop on one or two feet.

### ADULT 2 — 1:30 MAX

#### ELEMENTS

- Forward skating across the width of the ice
- Forward one-foot glides
- Forward skid
- Backward skating
- Backward wizzles, 4-6 in a row

### ADULT 3 — 1:30 MAX

#### ELEMENTS

- Forward skating using the blade property
- Forward half-circle pikes on the circle, 6 to 8 in a row, clockwise and counterclockwise
- Forward crosses on a circle, clockwise and counterclockwise
- Backward skating to a long two-foot glide
- Backward stop or slow stop, right and left

### ADULT 4 — 1:30 MAX

#### ELEMENTS

- Forward outside edge on a circle, right and left
- Forward inside edge on a circle, right and left
- Forward crossovers, clockwise and counterclockwise
- Hockey stop, both directions
- Backward one-foot glides, right and left.

### ADULT 5 — 1:30 MAX

#### ELEMENTS

- Backward outside edge and backward inside edge on a circle, right and left
- Backward crossovers, clockwise and counterclockwise
- Forward outside three-turn, right and left.
- Beginning half-spin (min 2 revs)

### ADULT 6 — 1:30 MAX

#### ELEMENTS

- Forward skating with crossover end patterns
- Backward skating with crossover end patterns
- Forward inside three-turn, right and left
- Heel stop
- Lunge
- Two-foot spin into one-foot spin (min 2 revs on 1 foot)

### ADULT BEGINNER — 1:30 MAX

#### ELEMENTS

- Heel stop
- Waltz jump
- Forward beginning one-foot spin from backward crossovers (min 2 revs)
- Forward moving inside outer monaw (right and left) heel to inside
- Alternating right and left forward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

### ADULT HIGH BEGINNER — 1:30 MAX

#### ELEMENTS

- Waltz jump
- Heel stop
- Forward upright spin - minimum 2 revolutions
- Forward outside three-turn, right and left
- Alternating right and left backward outside and inside edges across the width of the ice (one outside edge, right and left, one inside edge, right and left)

### ADULT PRE-BRONZE — 1:30 MAX

#### ELEMENTS

- Single toe loop
- Jump combination or sequence consisting of half-revolution jumps (½ toe, ½ Lutz, ½ loop, waltz, toe loop, or Selchow) - maximum of 7 jumps in combination or 5 jumps in a sequence
- Forward upright spin - minimum 3 revolutions
- Two forward crossovers into a forward inside monaw, step down, cross behind, step into one backward crossover and step to a forward inside edge, clockwise and counterclockwise
- Forward spiral (any edge)

### ADULT BRONZE — 1:30 MAX

#### ELEMENTS

- Single Selchow
- Jump combination or sequence consisting of ½ revolution jumps and/or full-revolution jumps (no Lutz or Axel) - maximum 7 jumps in combination or 5 jumps in a sequence
- Solo spin in one position with no change of foot (min 2 revolutions)
- Forward inside three-turn, right and left
- Spiral sequence (Minimum 2 spirals)

## Showcase Events

LEVEL	ELEMENTS	QUALIFICATIONS	PROGRAM LENGTH
BASIC 1-6		Must not have passed any higher than Basic 6 level	Time: 1:00 max
PRE-FREE SKATE - FREE SKATE 6/ BEGINNER/HIGH BEGINNER/ADULT 1-6/ ADULT BEGINNER/ADULT HIGH BEGINNER		May not have passed any official U.S. Figure Skating free skate or free dance tests	Time: 1:20 max
NO TEST	Salchow and toe loop	Must not have passed pre-preliminary free skate or any free dance tests	Time: 1:20 max
PRE-PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating pre-preliminary or any free dance test	Time: 1:20 max
PRELIMINARY	No prescribed or restricted elements	Must have passed no higher than U.S. Figure Skating preliminary free skate or adult bronze free skate or free dance test; see National Showcase guidelines for more specific information regarding adults	Time: 1:30 max
ADULT PRE-BRONZE	No prescribed or restricted elements		
		Must have passed no higher than adult pre-bronze free skate test; see National Showcase guidelines for more specific information regarding adults	Time: 1:40 max

regarding adults

**LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)**

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

Basic Requirements for Elements		
Block	Wheel	Circle
Must have a minimum of 3 lines	Must have at least 3 skaters in each spoke	Must have a minimum of 4 skaters

ASPIRE 1	One Circle Element	One Line Element	One Block Element	One Wheel Element	One Intersection Element	Additional Items for Aspire 1
2:10 max 5 Elements <b>Required Holds</b> None Any type of holds permitted 5-20 skaters 13 years of age and younger	Forward and backward skating permitted  Must contain a forward glide on an inside or outside edge on one or two feet  Change of rotational direction, change of configuration, and travel <b>not</b> permitted	Forward skating only    Change of axis and change of configuration <b>not</b> permitted	Forward skating only    Change of configuration and pivoting <b>not</b> permitted	Forward skating only    Change of rotational direction, change of configuration, and travel <b>not</b> permitted	Must be two lines facing each other  Forward skating through the point of intersection  Choice of: Upright two foot glide  Upright one foot glide	Additional well-balanced SYS elements permitted.  Judges will evaluate first element type presented.  Elements higher than Basic 6 <b>not</b> permitted.  Some common elements above Basic 6 are mazurka, half flip, waltz jump, etc.



**LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)**

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

<p><b>ASPIRE 2</b></p> <p>2:10 max</p> <p>5 Elements</p> <p><b>Required Holds</b> None</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>16 years of age and younger</p>	<p><b>One Circle Element</b></p> <p>Forward and backward skating permitted</p> <p>Must contain a forward glide on an inside or outside edge on one foot</p> <p>Change of rotational direction, change of configuration, and travel <b>not</b> permitted</p>	<p><b>One Line Element</b></p> <p>Forward and backward skating permitted</p> <p>Change of axis and change of configuration <b>not</b> permitted</p>	<p><b>One Block Element</b></p> <p>Forward and backward skating permitted</p> <p>Change of configuration and pivoting <b>not</b> permitted</p>	<p><b>One Wheel Element</b></p> <p>Forward and backward skating permitted</p> <p>Change of rotational direction, change of configuration, and travel <b>not</b> permitted</p>	<p><b>One Intersection Element</b></p> <p>Must be two lines facing each other</p> <p>Forward skating through the point of intersection</p> <p>Choice of:</p> <p>Upright two foot glide</p> <p>Upright one foot glide</p>	<p><b>Additional Items for Aspire 2</b></p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p>Elements higher than Basic 6 <b>not</b> permitted.</p> <p>Some common elements above Basic 6 are mazurka, half flip, waltz jump, etc.</p>

**LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)**

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

<p><b>ASPIRE 3</b></p> <p>2:10 max</p> <p>5 Elements</p> <p><b>Required Holds</b> 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>17 years of age and younger</p>	<p><b>One Circle Element</b></p> <p>Forward and backward skating permitted</p> <p>Must contain a backward glide on an inside or outside edge on one foot</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p><b>One Line Element</b></p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of axis</p> <p>Change of configuration</p>	<p><b>One Block Element</b></p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of Configuration</p> <p>Pivoting</p>	<p><b>One Wheel Element</b></p> <p>Forward and backward skating permitted</p> <p>May contain any of the below features*</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p><b>One Intersection Element</b></p> <p>Must be two lines facing each other</p> <p>Forward skating through the point of intersection</p> <p>Choice of:</p> <p>Upright two foot glide</p> <p>Upright one foot glide</p> <p>Forward lunge</p>	<p><b>Additional Items for Aspire 3</b></p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p><i>*Teams may attempt any number of the listed features. However, teams may also elect to not attempt any of the listed features.</i></p>
<p><b>ASPIRE 4</b></p> <p>2:10 max</p> <p>5 Elements</p> <p><b>Required Holds</b> 2 different holds shown by the whole team for any length of time</p> <p>Any type of holds permitted</p> <p>5-20 skaters</p> <p>17 years of age and younger</p>	<p><b>One Circle Element</b></p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p><b>One Line Element</b></p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of axis</p> <p>Change of configuration</p>	<p><b>One Block Element</b></p> <p>Forward and backward skating permitted</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of Configuration</p> <p>Pivoting</p>	<p><b>One Wheel Element</b></p> <p>Backward skating only</p> <p>Must contain at least one of the below features**</p> <p>Choice of:</p> <p>Change of rotational direction</p> <p>Change of configuration</p> <p>Travel</p>	<p><b>One Intersection Element</b></p>	<p><b>Additional Items for Aspire 4</b></p> <p>Additional well-balanced SYS elements permitted.</p> <p>Judges will evaluate first element type presented.</p> <p><i>**Teams must attempt at least one of the listed features. However, teams may include more than one of the listed features.</i></p>

**LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)**

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

<b>Judges' Deductions (Applies all Aspire Synchro Divisions)</b>	
<b>Description</b>	<b>Deduction</b>
Costume violation (see costume guidelines)	0.1 from the component mark
Costume failure	0.1 from the component mark
Program time violation every 5 seconds in excess (referee to inform judges)	0.1 from both marks for every 5 seconds in excess
Fall, 1 skater (each time)	0.1 from technical mark
Element not according to requirements	0.2 from technical mark
Omission of an element (not attempted)	0.6 from technical mark
Illegal element (see rulebook)	1.0 from both marks
Holds (incorrect number and not shown by the whole team)	0.2 from technical mark per missing hold

### **LEARN TO SKATE USA - ASPIRE SYNCHRO (effective July 1, 2023)**

The Compete USA competition program is for Learn to Skate USA skaters who are interested in a first competition experience while taking the Synchro 1-4 badges to the next level. In order to safely practice and compete, it is strongly recommended that skaters have mastered the elements of the division in which they are competing (see program requirements).

#### **Eligibility Rules:**

- All skaters on the team must be either full U.S. Figure Skating members, Aspire members or members of the Learn to Skate USA program. All Aspire synchronized skating teams must be registered with U.S. Figure Skating and have a team number.
- Skaters competing in the Aspire 1 through Aspire 3 divisions may have passed the preliminary skating skills, freestyle and/or dance\* test, but no higher.
- Skaters competing in the Aspire 4 division may have passed the pre-bronze skating skills, freestyle and/or dance\* test, but no higher.
- The skater's test level is as of October 1, 2023.
- No skater may compete on multiple Aspire synchronized skating teams and/or cross skate to any of the U.S. Figure Skating competitive divisions.

*\*Skaters may pass two of the three required dance tests for the pre-bronze level and still be eligible to compete in Aspire 1-Aspire 3. Skaters may pass two of three required dance tests for the bronze level and still be eligible to compete in Aspire 4.*

#### **Age/Number of Skaters:**

- The ages for Learn to Skate USA synchronized skating teams are as of the preceding July 1st.
- Each team must have between 5-20 skaters. Teams may have a maximum of 4 alternates listed on their roster, in addition to the maximum number permitted on the ice for their respective divisions.

#### **Costume Rules/Illegal Elements:**

- Aspire synchronized skating teams should follow the costume rules outlined in the rulebook
- Illegal elements outlined in the rulebook apply to all Aspire Synchronized divisions.

#### **Compliance for Instructors/Coaches:**

- To be credentialed as a coach at a Compete USA event, individuals coaching a synchronized skating team are required to have:
  - Learn to Skate USA instructor membership OR U.S. Figure Skating full membership.
  - SafeSport™ Training completed (for coaches 18 years of age and older)
    - SafeSport™ Training is available through [www.usfsaonline.org](http://www.usfsaonline.org) for full members of U.S. Figure Skating (through Learn to Skate USA portal for instructors). There is no cost to this training.
  - Background check successfully passed (for coaches 18 years of age and older).
  - Learn to Skate USA Instructor Certification completed (for coaches under 18 years of age).
  - If you have questions about compliance, the U.S. Center for SafeSport™, or U.S. Figure Skating's SkateSafe® Program, contact [skatesafe@usfigurekating.org](mailto:skatesafe@usfigurekating.org).